



50+ Community Centers

December 2022 Programs & Activities

Website: www.FrederickCountyMD.gov/Virtual50
Email: VirtualSeniorCenter@FrederickCountyMD.gov

	Mondays BSC Closed to the public	Tuesdays	Wednesdays	Thursdays	Fridays All Centers Closed to the Public
Weekly Programs	10:00 Cards/Games @ ESC 11:00 Film Club @ VSC @ FSC 11:30 Game Time @ USC 1:00 Bridge @ USC 2:00 \$ Golden Tones Chorus @ FSC	10:00 Cards/Games @ ESC 10:00 Yarn Arts Group @ FSC 11:00 TED Talk @ VSC @ FSC 11:00 Cards @ BSC 11:30 Game Time @ USC 1:00 Canasta @ USC 1:00 Game Time @ FSC @ BSC 3:30 Drawing Class @ VSC	10:00 Cards/Games @ ESC 10:30 Writing Family History II @ VSC 11:00 Wii Bowling @ BSC 1:00 Game Time @ FSC @ USC 1:00 Coloring & Craft @ BSC 5:00 Cards @ BSC	9:30 Quilting @ FSC 10:00 Cards/Games @ ESC 10:30 Knit/Crochet @ VSC @ USC 11:00 BINGO @ BSC 1:00 Game Time @ USC 1:00 Knit/Crochet @ BSC	Computer Labs Each center has computers available for you to use. Limited usage time. Tech help is NOT available. Check with centers for times.
Monthly Programs & Special Activities	Fitness Classes Fitness classes are offered on a quarterly basis. Fall Quarter runs October-December. See the Fall Activity Guide or visit a senior center for a listing of classes. You may also visit our website: www.FrederickCountyMD.gov/virtual50			1 10:00 Fresh Conversations: What's Trending in the Nutrition World @ FSC 1:00 Caregiving Through the Holidays @ VSC	2
	5 2:30 Book Club @ VSC	6 11:00 Blood Pressure Check @ BSC 11:30 Emergency Preparedness @ BSC 11:30 Emergency Preparedness @ ESC 7:00 Fun & Games @ VSC	7 12:30 Good News Only @ VSC 3:00 The Ancestral Sonora Desert People: Casa Grande Ruins National Monument @ VSC, FSC, USC	8 10:00 Blood Pressure Check @ USC 10:30 Emergency Preparedness @ USC 1:00 \$ Holiday Cookie Decorating @ USC 1:00 Craft: Cork Ornaments @ ESC 2:30 Book Club @ VSC @ FSC	9 Fitness classes are canceled Seniors in the Park Holidays at the Museum Rose Hill Manor Park 10:00 a.m. (Program is full – no walk-ins)
	12 Winter Activity Guide available on our website	13 8:30 Blood Pressure Check @ FSC 9:00 New to Medicare @ VSC 2:00 A Crafty Afternoon @ FSC 7:00 Six Word Stories @ VSC	14 9:00 Plant-Based Eating @ VSC, USC, FSC 10:00 Blood Pressure Check @ ESC 1:00 MAP 101 @ VSC 1:00 Emergency Preparedness @ FSC 1:45 Craft: Chalk Board @ VSC 7:00 \$ Yoga Nidra \$ @ VSC	15 Noon \$ Chocolate Candy Making @ ESC 2:30 \$ A Day of Infamy: The Japanese Attack on Pearl Harbor @ VSC, FSC, USC	16 Noon Groceries for Seniors @ FSC
	19 First Day of Winter Registration 2:00 Holiday Performance by the Golden Tones Chorus @ FSC	20 10:00 Fresh Conversations: Diet, Exercise, & Sleep @ USC 7:00 Science Hour @ VSC	21 10:00 Tech Talk @ FSC 1:45 Kitchen Kapers: Cookies & Muffins @ VSC	22 10:00 Fresh Conversations: Diet, Exercise, & Sleep @ FSC	23 Closed – no fitness classes 
	26 Closed 	27 1:30 Craft: Paper Mosaics @ USC 7:00 Coloring & Conversation @ VSC	28 1:30 Craft: Salt Painting @ USC	29 2:00 Kitchen Kapers: Mocktails & Snacks to Ring in the New Year @ USC (presenter in-person) @ VSC	30

You must pre-register for all programs. Masks are strongly recommended for all in-person programs. Programs with an “\$” have a fee.

Registration Information

Pre-registration is required for all programs. Limited space for in-person programs.
Masks are strongly recommended. Programs may be postponed or canceled.

Free Programs (Virtual, Hybrid, and In-Person Only)

Registration must be received at least two business days before program.

Email: VirtualSeniorCenter@FrederickCountyMD.gov or
Call one of the senior centers

Be sure to include:

Your Name, Phone Number, Email Address, and
Names & Dates of Classes and Programs You Want to Take

Confirmation

Once we receive your registration, we will contact you with more details about the programs. Your registration is not complete until you hear from us!

Programs with a Fee (Virtual, Hybrid, and In-Person Only)

Registration must be received by the “Registration closes” date.

If there is not a date listed, registration must be received at least two business days before program. **Space is limited for in-person programs.**

Payment must be included with registration. Payment is non-refundable.

Credit/Debit Card: Online

Pay via our eStore: <http://frederickcountymd-gov.3dcartstores.com>

- Once on the website, locate the “Category” boxes on the left side.
- Click on the button for the 50+ Community Programs
- Click on the program you want and add the selected program to your shopping cart

Check: Drop-Off (we recommend that you only mail a check if necessary)

- Make check payable to “Frederick County Treasurer”
Include: Your Name, Email Address, Phone Number, and
the Names & Dates of Classes and Programs You Want to Take
- Place the addressed envelope containing the *Check & Registration Information* in the lock box at the Senior Services Division (box is located to the left of the accessible door – at the top of the ramp)

Frederick County Senior Services Division

Attn: Virtual 50+Center, 1440 Taney Avenue, Frederick, MD 21702

Confirmation

Once we receive your registration, we will contact you with more details about the programs. Your registration is not complete until you hear from us!

Frederick County Senior Services Division
Offering fitness, enrichment & social opportunities for ages 50+

50+ Community Centers December 2022 Programs & Activities

Pre-registration is required for ALL programs.
Masks are strongly recommended.

Newly Added Programs

- **Holiday Cookie Decorating**
 - **A Crafty Afternoon**
 - **Chocolate Candy Making**
 - **Holiday Performance by the Golden Tones**
 - **Mocktails and Snacks to Ring in the New Year**
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Brunswick Center (BSC)

Cathy Barnes

12 E. A Street

Brunswick, MD 21716

301-834-8115

Emmitsburg Center (ESC)

Caitlyn Kirby

300 S. Seton Avenue

Emmitsburg, MD 21727

301-600-6350

Frederick Center (FSC)

Dara Markowitz

1440 Taney Avenue

Frederick, MD 21702

301-600-3525

Urbana Center (USC)

Susan Hofstra

9020 Amelung Street

Urbana, MD 21704

301-600-7020

Virtual Center (VSC)

VirtualSeniorCenter@FrederickCountyMD.gov

Senior Services Division

301-600-1234

For program descriptions and more
information, please visit our website
www.FrederickCountyMD.gov/virtual50